

ABSTRACT OF THE DISCLOSURE

A fiber optic cable includes at least one optical waveguide, at least one strength member, and a jacket. The at least one strength member is a material having an average residual angle in the range of about 30 degrees to about 65 degrees during a bending test using a mandrel having a wire ratio (D/d) of about 200. The strength member is suitable, if necessary, for self-attaching to studs, hooks, or the like by bending it therearound and is also suitable for hardware such as P-clamps or other grips. In other embodiments, strength member 14 is annealed to relieve work hardening. Preferred embodiments use a steel strength member with a carbon content between about 0.30 percent to about 0.75 percent. Additionally, a coating may be applied to the strength member for environmental/corrosion protection or conductivity.